

## ABSTRACT OF THE INVENTION

Green tea and other natural and synthetic sources of catechins, and bioflavanoids, flavanols, flavandiols, flavanoids, and tannins or derivatives thereof, are disclosed for the preparation of a pharmaceutical composition or dietary supplement  
5 for the treatment, prevention or management of amyloidosis in a mammalian subject susceptible to, or afflicted by, such a disease. Use of the green tea and its constituents and methods of use are also disclosed. Methods for promoting, maintaining or enhancing in a patient one or more of the mental or cognitive qualities selected from the group of mental or cognitive qualities consisting of mental acuity, mental alertness,  
10 cognitive well being, normal brain function, cognitive ability, mental performance, memory, concentration, mental sharpness, mental clarity, short term memory, normal brain function, and learning, the method comprising the step of administering to the patient a therapeutically effective amount of plant matter from a plant of the genus *Camellia*, species *sinensis* are also disclosed.